

Issue 5



Te Aka Tauira



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A note from Student Health

COVID-19 > Keeping yourself and others safe

Cases of COVID-19, including new variants, are rising across New Zealand. It is important to look after yourself and others. You can do this by:

- » Getting a test if you feel unwell
- » Staying away if you're unwell
- » Wearing a mask when in and indoors or group settings
- » Reporting any positive test results to the [MY COVID](#) app

The most common early symptoms of COVID-19 are a sore or scratchy throat, and a runny nose. If you have these symptoms, take a RAT immediately.

If you have tested positive for COVID-19:

- » Self-isolate immediately following the Ministry of Health [isolation guidelines](#)
- » Contact the [University](#)
- » Let your classes know so they can provide support for your learning
- » Update your result to the MY COVID app
- » Tell your residential college, flatmates and family

If you develop new symptoms and it is 29 days or more since your last COVID-19 infection it is possible that you have it again and you should take a [test](#).

Some students including vulnerable people, those aged over 50, and people aged over 30 involved in health, aged care and disability work, may be eligible for a [second booster](#) if it has been at least six months since their last.

Important points of contact:

- » Student Health: phone 0800 479 821, open Mon-Fri 8.30am - 8.30 pm (Wed 9.45am opening)
- » Healthline: nurse advice 24/7 phone 0800 611 116
- » Life threatening Emergencies: 111
- » Dunedin Urgent Doctor and Accident Centre: phone 03 479 2900, 18 Filleul Street, 8am -10pm



July News

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Cover image: Matariki markets held on the Dunedin campus last month

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Representation matters

The kākahu (gown) represents connection between people and cultures through working and learning together. Neuroscience and Psychology student Tiara Das consulted with designer Kiri Nathan on hers, taking into consideration the former's home in India and her journey in New Zealand.

"In April I was confirmed as one of the students to be part of this campaign and the team came to Dunedin to do some filming which was really cool. I flew to Auckland in May for the big kakahū reveal over two days of full-on work.

"The Poutama pattern on the back represents stairs, a journey. We were asked what colours are of importance to us and I chose green. Green is about growth and harmony and peace, and also a part of the Indian flag."

Tiara says this gown is an important note of recognition for her as an international student and her place in New Zealand.

"The idea behind this campaign was as an acknowledgement of the work we have put in as international students and our contribution to the society here. For me personally it was really nice to be acknowledged and validated on my time here and on my journey as an international student."

"There are many challenges that come with being a student but one thing people don't necessarily realise is there are so many added layers as an international student. This was a really cool mark of acceptance from New Zealand, a confirmation we are part of the team of 5 million."

The third-year student is originally from Punjab, India and moved to Wellington with her family in 2018.



"It was a really cool mark of acceptance from New Zealand, a confirmation we are part of the team of 5 million."

A future in forensics



Niruthmie says she feels honoured to receive it and already has plans for how she might use her interest in forensic science next summer.

"Angela and I are considering applying for a research grant for an Ethic Committee study looking at how to help a jury understand data in a trial using 3D models. To create a 3D model it would need to be based on a real person. We would need to explore whether it is ethical to do this and if we would need to base it off multiple people. This is where you get into particular groups who are more at risk which brings different ethnicities into the picture too. Creating a model could help with the barrier between technical terms and the jury understanding what those technical terms are referencing. For example whether trauma was internal or external."

Forensic Biology Summer School student Niruthmie Pallawala recently received the Jules Kieser Memorial Trust Award and has been inspired to realise some exciting plans.

The award is given to the summer school student with the highest overall grade in the hope they are inspired to continue exploring forensic biology, Course Coordinator and Lecturer Dr Angela Clark says.

"Jules was one of the most influential forensic dentists in New Zealand. He created the forensic biology summer school but tragically and suddenly passed away in 2014. I took on the paper the following year after being recommended for the role. Unfortunately, a lot of important things died with Jules including much forensic research. It's important that I continue his legacy and in particular conducting forensic studies as there isn't currently a platform for it at Otago."

PICS OF THE MONTH



Ducklings spotted wandering around the Dunedin campus



Stray kitten joins Geology field trip and finds forever family with student Euan McLaren



Live music was one of many Matariki market highlights



A great turn out for the Matariki Market hosted by the Māori Centre

Have an image to show off?

Send it to:
communications@otago.ac.nz

“Even in our greatest despairs and weaknesses we can be stronger beyond measure.”



Being awarded the prestigious Ngārimu VC and Māori Battalion Scholarship has humbled a University of Otago medical student who has defied heartbreak to make her dream a reality.

The third-year Bachelor of Medicine Bachelor of Surgery student and Platoon Sergeant with the New Zealand Defence Force, says she has only ever wanted to be of service.

The scholarship was founded in 1943 to commemorate the bravery of Ngārimu, and the other members of the 28th Māori Battalion, whose lives had been lost in World War II. Out of nine recipients per year, only three are given to undergraduate students. Usually, the scholarship is awarded at Parliament but this year the ceremony took place at Te Whare Rūnanga, Waitangi Treaty Grounds, where the battalion departed from.

“The whare we were in was also special, my grandfather was one of the carvers and my grandmother weaved the tukutuku on the walls. The name 28th (Māori) Battalion and Ngārimu VC are synonymous with sacrifice, they denote hardship, trauma, and loss. With it they also denote mana, pride, tikanga, courage, commitment and outstanding examples of leadership,” she says.

The mum of three has served 18 years and counting in the New Zealand Defence Force, currently serving as Platoon Sergeant, training soldiers in the summer. Even with her years of training and military experience, including helping in the aftermath of the 2011 Christchurch earthquake, there was one event Leigh could never have been fully prepared for.

In early 2018 at Cable Bay she lost her partner and soulmate. Her partner Wairongoa took their tamariki and their niece and nephew up to Cape Reinga to celebrate their daughter Mānea’s birthday. While playing with a boogie board in the shallow waves, Leigh’s twin sons Tawhiri and Sam were swept out to sea by a surprise rip tide. Tawhiri held tightly to Sam and kept him afloat.

“Mānea all of 11 years old heard her brothers screams, jumped in to save her brothers but was pulled under.”

“Wairongoa tried to save her and drowned. All four were pulled out. Mānea was revived and is here with us today. But my daughter’s birthday is my partner’s last. He and I gave her life on the same day 11 years apart.”

Leigh and her family took a year to focus on their healing, but then with the deployment aspect of her career on the backburner and her family drastically altered for life, she had some decisions to make. She recalled being told in school, by a teacher she admired, that while she was a nice kid, she wouldn’t make it as a doctor. But she had finally reached a moment in her life that the fear of failure no longer phased her, so with her whānau, close mates and boss’ support she applied for the Otago Medical School and got in.

With children in tow, family support and fierce determination, Leigh arrived in Dunedin ready to take this new chapter with both hands. Starting in 2020 at the beginning of the COVID-19 pandemic threw another curve ball her way.

“I had three kids to home-school and only two computers at home. The kids all had zoom classes and so I couldn’t be online at the same time. My study would start at 9pm and finish at 3am. I had to work out of sync with the kids so I didn’t disrupt their learning.

“I needed extra help with chemistry and I got in touch with a tutor from the Māori Centre who was now based in England - the timing really worked with my late night study hours. I had another amazing lecturer who would give me one-on-one help in the evening, painfully taking me through everything I needed to know,” laughs Leigh.

Now in third year Leigh is looking forward to 2023 where she will begin a new journey in her study working hands-on with patients and continuing to make a difference to people’s lives.

“Wherever my journey leads me, I aim to be of service, to advocate of those who need help, to use the lessons afforded to me by my experiences. I want to show that even in our greatest of despairs and weaknesses, we can be stronger beyond measure. This goal is for my tamariki and each day is for them.”



Ones to Watch: Maddy

Always looking for an opportunity to promote sustainability, Communications and Tourism student Maddy Gordon has taken on an exciting new business venture.

Recently a finalist at the Audacious showcase with business partner Tiffany Horton, together they run iced beverage company Two Beans Beverages, Maddy knows taking her time to find the right study path is paying off.

Despite both her parents studying at Otago (all three of them went to Selwyn), Maddy wasn't rushing into study and her plans were made with an enjoyable career in mind.

"I took a year off after school and moved to London where I worked in a school and travelled around Europe. I wanted to take time to think over my future and not rush into anything. I've always loved learning but didn't want to go to university just for the sake of it.

"Taking a break was exactly what I needed to decide what I wanted to, do not just what I should do. I looked over each university in the country and looked at all of the papers I knew would pique my interest. I wanted to choose where to study based on what I would enjoy the most."

Alongside her studies Maddy is one of five student employees at the Sustainability Office and is enjoying having a positive impact on students in her role as Tetekura Student Engagement.

"I remember talking to Jesikah Triscott in the interview process and telling her I wanted to make obvious to students the sustainable work happening on campus and how accessible it can be. Since then we've set up a student op shop called Te Oraka, run workshops and had a night market where students with their own business set up stalls."

Maddy has also been busy with her start up business Two Beans Beverages.

"Our product is oat-milk-based, iced, caffeinated beverages. We see a need for a plant-based version of ready to drink iced coffee from our fellow students."

STUDY TIPS FOR NEWBIES

July Study Tips

Plagiarism

Semester 2 is underway, so now is a great chance to refresh before getting started. Academic integrity means being honest in your studying and assessments. An important part of achieving this is by avoiding plagiarism which can be hard with multiple papers, readings and when referencing texts.

Here's a few tips to help you avoid plagiarism:

- » Clearly identify reference quotations, summaries or paraphrases, images, figures, and diagrams taken from another source.
- » Acknowledge other people's texts or ideas
- » Avoid "copy and paste" to take text from another source unless it is a direct quotation and you have put it in quotation marks and referenced it
- » Include a complete and accurate reference list or bibliography of all work cited
- » Avoid using another student's work, submitting someone else's work as your own, or re-submitting work you've previously completed
- » Submit a draft assignment through Turnitin
- » Ask for help if you are not sure

You can find out more about academic integrity [here](#).



Need Support?

The University COVID-19 [website](#) can answer your questions on life at University, staying safe in Red and ways to keep busy in self-isolation. Visit us online to find out more.



“I’m most grateful for my parents and their support.”

Samuel Leaper is grabbing his dream career with both hands and making every moment count.

The third-year Bachelor of Music student has had a busy year between studying, sound engineering, working with his band Black-Sale House and even taking on his first Musical Director role.

“I loved the experience but I need to recover now,” Samuel laughs as he finishes up a big few months Musical Directing East Otago Musical Theatre’s production of Chicago.

Moving into the famous 660 Castle Street flat earlier this year was the beginning of a demanding but fulfilling year as one of four Six60 scholarship recipients.

Currently studying part-time, Samuel hopes his study will fit into a lifestyle focussed on musical development.

“I’ve been keeping busy. While studying part time I work at a few places, a music store, teaching music, sound engineering at U-Bar and for a few friend’s bands.”

“It’s incredible to have access to such amazing facilities. I don’t want to just graduate, go to work and have that be the rest of my life. Music is more about the journey of being a musician.

“The thing I am most grateful for is my parents and their support. There was never any pressure on me to study, they weren’t concerned over me choosing medicine or music. They were going to support me regardless, that’s been massive in getting me to where I am.”

While many may claim music is not a sustainable career, with the support of his family, his growing education and industry support, Samuel says otherwise.

Nutrition key for dancers

Georgia Mayor is using her undergraduate studies to fuel her Master of Applied Science in Advanced Nutrition for the benefit of dancers and other athletes. She’s spent the past few months working with the Otago Nuggets Dancers as she trials her own programme.

A dancer of more than 16 years herself, Georgia understands the need for informed teachers and practice. She understands her ability to fuel change for other dancers and sees the damage done by a diet-focussed society.

“I wanted to investigate the dance world and the Nuggets provided a focus group for it. Previously, negative body image has been a common experience in dance and one I have seen myself.”

She had the opportunity through -an internship to create an eight-week programme which challenges dancers to be more mindful as opposed to the usual eight-week challenges usually seen at gyms that are primarily focussed on weight loss and image.

It is targeted at dance teachers in particular with a focus on weight stigma and changing their language around body image. There are activities based on fostering a positive body image and what research has shown works for that relationship. It also incorporates nutrition education and eating for overall health rather than limiting foods to just good or bad as it is known restriction leads to bigger problems.

“It’s such a complex area to be working in, but exciting because I can actually take this further and do good things for people with it.”

“One of the activities I’ve been doing with them is an acceptance technique looking at the physical body as an observer, understanding your body is going to change and it’s supposed to.”

The 21-year-old is already a registered associate nutritionist and the new master’s course is everything she wanted in a postgraduate degree.



KEY DATES & EVENTS

July | Hōngongoi

11	Semester 2 begins
29	Last day to delete papers
31	Dunedin Tertiary Open Days

August | Here-turi-kōkā

20	Graduation Ceremonies
27	Mid-semester break begins

Recurring Events

	Diversion Day
	Lunchtime Theatre
	Lunchtime Concerts